

November 1, 2021

The other day I was corresponding with a person that I had recently met online who is also dealing with the same kind of situation....this entity attachment situation that I'm dealing with that involves intrusive voices to the extreme. This individual did not start hearing these voices from doing EVP sessions or any other kind of channeling or spirit communion for that matter, but from what this individual described, I could tell right away it was the same exact situation that I am dealing with. When they described what the voices were saying and describing their behavior, I could relate right away because it mirrored what I have experienced, especially back in the early days of my situation. This individual is still quite early on in this ,they've only been hearing these voices for a few months now. I know what a rough time that can be, a horrible time. For myself (and I've written about this quite a lot) this was the time (the first few months) when things were the worst they've ever been throughout all of this for me. I've mentioned previously that aside from any other aspect of it, one of the main things that made it so terrible for me was that there was just a sense that things kept getting worse... or things weren't getting any better at all, there was just this kind of feeling of hopelessness. All I knew was that just a few months prior, I was living in a fairly normalaverage life and now I'm living in some kind of disturbing nightmare and I just couldn't see over the horizon...I couldn't envision things getting any better, because at that time things were so horrible for me. I was there... I went through all of that, and I stressed to this individual that I know that in the early days, it can seem like you can't envision things improving, possibly getting any better, but it can and it will and there's things that you can do to help speed along this process.

One thing that this individual mentioned to me was that they were still feeling an extreme sense of violation to their privacy. In my writings, I often use a few different terms to describe the situation that I've been dealing with since 2015. I often use terms such as entity attachment...spirit attachment.....oppressionand I often use the word intrusion because without a shadow of a doubt, it is definitely an intrusion to the extreme. When these entities latch onto your life, when they attack, they violate your perceptions... your personal space... your mind ...your thoughtsyour privacy, all to the extreme. And they often go about this in a very arrogant way.

For myself, they really seemed to want to stress the point that they were spying on me, that they could see everything that I do, hear every thought going through my head, that they knew everything about me and that there was no hiding anything from them. They wanted to beat this fact into my mind in the beginning and that's exactly what they did.

A situation can develop where just doing ordinary routine things, where before you could always appreciate having some degree of privacy, now that is lost because there's these voices there talking about you, making comments about you. If you start to have distressing thoughts about this, well they can hear that too and sometimes they'll start making comments about just your own thoughts, or repeating your thoughts back to you. It is an intrusion to the extreme. So I could completely relate to what this individual was telling me and I could very much sympathize with the fact that they were having a difficult time with this because for myself, it was always one of the hardest things for me to deal with. In my previous writings, I've talked quite a bit about how the fact that they could listen to my thoughts really messed me up for a while. It made me real self-conscious about my own process of thinking, which was something that I never really paid that much attention to before all of this started.

I would try to control my thoughts. I would try not to think about this or that, knowing that these entities were listening, but this was easier said than done. Thoughts happen so quickly that they are very difficult to control and I found that my own mind would trip me up with this. If I was trying to control my thoughts, sometimes it seemed like pretty much everything that I didn't want to think about would just go through my mind, thoughts that distressed me greatly. It was like I intended to do one thing, but my mind would go in the opposite direction.

I would say that I never really did learn how to completely control my thoughts, but what I was able to do was take on a new mindset about all of this. I was distressed a great deal by it for a while, but then in a way I just accepted the fact that this is what it is. I hated that this was happening, but these entities had this ability, they had this power, they had telepathic abilities it appears, where they can hear all of my thoughts. They don't seem to get bored by my presence either, so they always seem to be following me around. If there are moments when I would really like some privacy, they just don't give a damn about that and there's nothing I can really do about it... that's the situation...that's what it is. So in a sense, I stopped being distressed by it so much and in a way a kind of acceptance took hold of me. Yet it was also an acceptance with an edge to it so to speak.

I started to look at it as ...if these entities want to follow me around literally all of the time, times when any reasonable human being would give someone at least some degree of privacy, well that's their problem, then they are the ones that are messed up in the head. It wasn't easy at first, but over time I just started to take on a mindset of ...I don't care, I don't give a shit ...I'm going to do what I have to do ...and want to do and if they're going to spy on me then that's their problem... they've got issues, not me. So I became more desensitized to it and more indifferent to it over time, but with this kind of defiant mindset, which in my opinion is still very much true. I'm going to live my life. I'm going to do what I have to do... what I want to do. I'm going to make my own decisions, I'm going to follow my own path, and if these entities are going to spy on me to that degree, then that just basically tells me that they have nothing else to do, they have nothing better to do, so they're the ones with the issues ...not me. I'm going to go on living my life.

And just to add to this, it's my own personal belief that these entities were always around, that they are among us in this world and that they can spy on anyone, it's just that now I'm perceiving them very directly. In a sense, they were always here, it's just that before all this started, I wasn't aware of their presence. So I know that it can feel like an extreme violation of privacy....and it very much is, but again this is just how it is in this world, they are among us, they can spy on anyone . Yes, I believe that they were always around.

So. I just want to say to anyone experiencing this kind of situation, that they should not despair too much about this feeling of your privacy being invaded. Just like with so much of the situation, the more that you're exposed to it... you'll start to become stronger as a person, you'll gain in strength and you'll become more indifferent to it. You can be able to change your mindset about it and realize that you just have to go on living your life as you want to. And I also want to point out that by going through ordeals...as horrible as they are, it can make you stronger, and once you gain strength in the face of all of this, it's yours to keep, you earned it, it can't be taken away from you.

- B. Edwards

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